

We claim:

1. A process for purifying lipoic acid, which comprises adding to a solution of lipoic acid at least 0.1 times the amount of an adsorbent, based on the mass of lipoic acid to be purified, and subsequently removing the adsorbent.  
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2. A process as claimed in claim 1, wherein the lipoic acid to be purified has been obtained by oxidation of dihydrolipoic acid.
- 10 3. A process as claimed in claim 1 or 2, wherein at least 0.2 to 0.5 times the amount of an adsorbent, based on the mass of lipoic acid to be purified, is used.
4. A process as claimed in claim 1 to 3, wherein silica gel is used as adsorbent.
- 15 5. A process as claimed in claim 1 to 4, wherein the lipoic acid to be purified is dissolved in an organic solvent or in a mixture of at least two organic solvents.
6. A process as claimed in claim 1 to 5, wherein the lipoic acid is dissolved in heptane or toluene or a mixture of these solvents.  
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7. A process as claimed in any of claims 1 to 6, wherein racemic or nonracemic lipoic acid is employed as lipoic acid.
- 25 8. The use of lipoic acid purified as claimed in any of claims 1 to 7 in drugs, cosmetics and food products.